



Sully Spotlight

Heroes Live Forever
Badge 1417 Badge 2806

April 2007

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Events of Interest for the Month

- ☞ Sunday, April 8—Easter
- ☞ Sunday, April 15—Holocaust Remembrance Day
- ☞ Wednesday, April 25 - Administrative Professionals Day



Child Abuse is Preventable! Everyone Can Help.



Since 1983, April has been designated National Child Abuse Prevention Month and the blue ribbon serves as the symbol of awareness and hope. Together, we can prevent child abuse and neglect by getting involved. Each of us can make a difference!

SCOPE OF THE PROBLEM

The problem of child abuse and neglect is prevalent across the nation.

- Nearly one million children are victims of abuse or neglect each year in the United States.
- Children who have been abused are more likely to become adults with other problems such as learning difficulties, substance abuse and incarceration. They may also abuse their own children.
- Costs to society can include services for treatment at hospitals, mental health facilities, psychiatric hospitals and juvenile delinquency detention centers.
- The direct cost to society for the damage resulting from child abuse and neglect has been estimated at \$24 billion per year.
- Approximately 80% of all child abuse is perpetrated by parents or caregivers.



<http://www.facesonline.org/child%20abuse%20prevention/april.htm>

April 2-6 is National Work Zone Awareness Week

10 TIPS FOR DRIVING SAFELY IN WORK ZONES

- **EXPECT THE UNEXPECTED!** Normal speed limits may be reduced, traffic lanes may be changed, and people may be working on or near the road.
- **SLOW DOWN!** Speeding is one of the major causes of work zone crashes.
- **DON'T TAILGATE! KEEP A SAFE DISTANCE BETWEEN YOU AND THE CAR AHEAD OF YOU.** The most common crash in a highway work zone is the rear end collision. So, don't tailgate.
- **KEEP A SAFE DISTANCE BETWEEN YOUR VEHICLE AND THE CONSTRUCTION WORKERS AND THEIR EQUIPMENT.**
- **PAY ATTENTION TO THE SIGNS!** The warning signs are there to help you and other drivers move safely through the work zone. Observe the posted signs until you see the one that says you've left the work zone.
- **OBEY ROAD CREW FLAGMAN!** The flagman knows what is best for moving traffic safely in the work zone. A flagman has the same authority as a regulatory sign, so you can be cited for disobeying his or her directions.
- **STAY ALERT AND MINIMIZE DISTRACTIONS!** Dedicate your full attention to the roadway and avoid changing radio stations or using cell phones while driving in a work zone.
- **KEEP UP WITH THE TRAFFIC FLOW.** Motorists can help maintain traffic flow and posted speeds by merging as soon as possible. Don't drive right up to the lane closure and try to barge in.
- **SCHEDULE ENOUGH TIME TO DRIVE SAFELY AND CHECK RADIO, TV AND WEBSITES FOR TRAFFIC INFORMATION.** Expect delays and leave early so you can reach your destination on time. Check the National Work Zone Safety Information Clearinghouse - <http://wzsafety.tamu.edu> - for information on work zone delays throughout the country.
- **BE PATIENT AND STAY CALM.** Work zones aren't there to personally inconvenience you. Remember, the work zone crew members are working to improve the road and make your future drive better.



Sully Officers Give Back to Their Community...



Officers Donate 315 Books for Military Children

Books for Kids is a volunteer organization sponsored by the Navy Dental Officers and Spouses' Club of the Greater Washington Area. Its goal is to supply books to the revolving children's library at the National Naval Medical Center Pediatrics Clinic which cares for children of active duty service men and women. Every child who comes to the NNMCMC Pediatric Clinic is welcome to enjoy the large assortment of children's books during their visit. They can also select one book to take away with them. This program seeks to collect approximately 10,000 books annually. Donations of gently used children's books can be arranged by contacting *Books for Kids* committee member, Cindy Peters at: 703-815-1428, or CindyPeters@cox.net.



Officers Lose Their Hair for Children Fighting Cancer

St. Baldrick's Foundation is the world's biggest volunteer-driven fundraising program for childhood cancer! It began in 1999 when two friends were talking about a way to help raise money. Events have taken place in 10 countries and 42 U.S. states, raising over \$20 million, and shaving more than 26,000 heads.

The Sully District Police Station's "Team Sully" joined the cause this year! On March 16th officers shaved their heads to raise money for childhood cancer treatment and research. Team Sully raised \$2,278 for the cause. County wide, 100 police department employees, current and retired, participated and raised over \$60,000 for the cause.

We salute our officers for giving their hair and hearts to find a cure for childhood cancer.



Sully participants after their shave, L to R: Lt. Mark Blackington, Detective Mike Motafches, Detective Garrett Broderick, Officer Harold Morris and Sgt. Mike Tucker

April is Alcohol Awareness Month

Facts About Underage Drinking:

- **In a survey of Americans age 12-17, the average person took their first drink before age 13** (*National Household Survey on Drug Abuse: Main Findings 1996; U.S. Department of Health and Human Services, 1998*).
- **Youth who use alcohol before 15 are four times more likely to be alcohol dependent than adults whose first drink is at the legal age of 21** (*Grant & Dawson, Age at Onset of Alcohol Use and its Association with DSM-IV Alcohol Abuse and Dependence, Journal of Substance Abuse, Volume 9, pages 103-110, 1997*).
- **The consequences of underage drinking are a tremendous expense to the U.S. economy and total more than \$53 billion per year, by far the most costly of all drug problems** (*Institute of Medicine, Reducing Underage Drinking - A Collective Responsibility, September 2003*).
- **Alcohol plays a key role in accidents, homicides and suicides, the leading causes of death among youth** (*American Academy of Pediatrics, information related to planning and promoting October 1998 Child Health Month, May 1998*).
- **Alcohol kills six times more young people than all illicit drugs combined** (*Healthy Kentuckians 2010, Cabinet for Health Services*).
- **Alcohol is linked to as many as two-thirds of all sexual assaults and date rapes of teens and college students** (*Youth and Alcohol: Dangerous and Deadly Consequences, Office of Inspector General, U.S. Department of Health and Human Services, April 1992*).
- **Studies reveal that alcohol consumption by adolescents results in brain damage - possibly permanent - and impairs intellectual development** (*Alcoholism: Clinical and Experimental Research, Volume 24, Number 2*).
- **More than 67 percent of young people who start drinking before the age of 15 will try an illicit drug. Children who drink are 7.5 times more likely to use any illicit drug, more than 22 times more likely to use marijuana; and 50 times more likely to use cocaine than children who never drank** (*Cigarettes, Alcohol, Marijuana: Gateways to Illicit Drug Use, Center on Addiction and Substance Abuse, Columbia University, 1994*).
- **Of the estimated 5.4 million junior and high school students who have ever consumed five or more drinks in a row, 39 percent say they drink alone; 58 percent say they drink when they are upset; 30 percent say they drink when they are bored; and 37 percent say they drink to feel high** (*Office of Inspector General, Youth and Alcohol: A National Survey: Drinking Habits, Access, Attitudes, and Knowledge, Washington, DC: US Department of Health and Human Services; June 1991*).
- **Approximately 88 percent of 10th graders and 75 percent of 8th graders report that it's very easy or fairly easy to get alcohol** (*Johnston LD, O'Malley PM, Bachman JG; National Survey Results on Drug Use from the Monitoring the Future Study, 1975-1998; Volume I: Secondary School Students, Rockville, MD: National Institute on Drug Abuse; in preparation*).
- **The typical American young person will see 100,000 beer commercials before he or she turns 18** (*Center for Substance Abuse Prevention. Jam: The Performance Magazine, Rockville, MD: Substance Abuse and Mental Health Services Administration; n.d.*).

Each day, more than 7,000 kids in the United States under the age of 16 take their first drink. Is yours one of them?



Together, We Can Stop Underage Drinking

April Is Alcohol Awareness Month www.ncadd.org



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

Tips for Teens: The Truth About Alcohol

Slang--Booze, Sauce, Brews, Brewskis, Hooch, Hard Stuff, Juice



Alcohol affects your brain. Drinking alcohol leads to a loss of coordination, poor judgment, slowed reflexes, distorted vision, memory lapses and even blackouts.

Alcohol affects your body. Alcohol can damage every organ in your body. It is absorbed directly into your bloodstream and can increase your risk for a variety of life-threatening diseases, including cancer.

Alcohol affects your self-control. Alcohol depresses your central nervous system, lowers your inhibitions and impairs your judgment. Drinking can lead to risky behaviors, such as driving when you shouldn't, or having unprotected sex.

Alcohol can kill you. Drinking large amounts of alcohol at one time or very rapidly can cause alcohol poisoning, which can lead to coma or even death. Driving and drinking also can be deadly. In 2003, 31 percent of drivers age 15 to 20 who died in traffic accidents had been drinking alcohol.

Alcohol can hurt you—even if you're not the one drinking. If you're around people who are drinking, you have an increased risk of being seriously injured, involved in car crashes or affected by violence. At the very least, you may have to deal with people who are sick, out of control or unable to take care of themselves.



Traffic Trivia

HIGHWAY ADVERTISING

Code of Virginia §46.2-831—Unofficial signs prohibited.

No unauthorized person shall erect or maintain on any highway any warning or direction sign, signal, or light in imitation of any official sign, signal, or light erected as provided by law. No person shall erect or maintain on any highway any traffic or highway sign or signal bearing any commercial advertising.

Nothing in this section shall prohibit the erection or maintenance of signs or signals bearing the name of an organization authorized to erect it by the Commonwealth Transportation Board or by the local authorities of counties, cities, and towns as provided by law. Nor shall this section be construed to prohibit the erection by contractors or public utility companies of temporary signs approved by the Virginia Department of Transportation warning motorists that work is in progress on or adjacent to the highway. ***Any violation of this section shall constitute a Class 4 misdemeanor.***

Code of Virginia §33.1-373—Advertising on rock, poles, etc., within limits of highway; civil penalty.

Any person who in any manner (i) paints, prints, places, puts or affixes any advertisement upon or to any rock, stone, tree, fence, stump, pole, mile-board, milestone, danger-sign, guide-sign, guidepost, highway sign, historical marker, building or other object lawfully within the limits of any highway or (ii) erects, paints, prints, places, puts, or affixes any advertisement within the limits of any highway shall be assessed a civil penalty of \$100. Each occurrence shall be subject to a separate penalty. All civil penalties collected under this section shall be paid into the Highway Maintenance and Operating Fund. Advertisements placed within the limits of the highway are hereby declared a public and private nuisance and may be forthwith removed, obliterated, or abated by the Commonwealth Transportation Commissioner or his representatives without notice. The Commonwealth Transportation Commissioner may collect the cost of such removal, obliteration, or abatement from the person erecting, painting, printing, placing, putting, affixing or using such advertisement. When no one is observed erecting, painting, printing, placing, putting, or affixing such sign or advertisement, the person, firm or corporation being advertised shall be presumed to have placed the sign or advertisement and shall be punished accordingly. Such presumption, however, shall be rebuttable by competent evidence. In addition, the Commissioner or his representative may seek to enjoin any recurring violator of this section.

The provisions of this section shall not apply to signs or other outdoor advertising regulated under Chapter 7 (§ 33.1-351 et seq.) of this title.

Sully District Station Child Seat Inspections

Is your child seat installed properly? Is it the correct seat for the child's age and weight? Did you know that your Sully District Station offers free child seat inspections by certified technicians?

Next available dates: Thursday, April 5, 2007 5 p.m.—8:30 p.m.
Tuesday, April 10, 2007 5 p.m.—8:30 p.m.
Thursday, April 19, 2007 5 p.m.—8:30 p.m.
Tuesday, April 24, 2007 5 p.m.—8:30 p.m.



No appointment is necessary. Our technicians request that you make an effort to install your child safety seats yourself, so that they may properly inspect and make adjustments, as necessary. For additional child seat inspection times, you may call the Fairfax County Operations Support Bureau at 703-280-0559.

Seat Belt Campaign in Sully District

Officers from the Sully District Police Station will be conducting a seat belt campaign called "Buckle Up/Save a Life" from now through the end of May. The phases include education, data collection, warnings and enforcement.

There will be message boards at different locations reminding motorists to "Buckle Up" and "Save a Life." A message board will be displayed on Route 28 at Willard Road, Route 28 at Interstate 66 and Route 28 and New Braddock Road.

The second phase will involve officers issuing warnings and Auxiliary Police Officers collecting data by counting the number of drivers not wearing seat belts. That phase will continue through the first two weeks of April.

Enforcement, the third and final phase, will begin near the end of April through the end of May. A final count of drivers wearing seatbelts will be collected to determine the impact of the campaign.

Spring Break for Fairfax Schools is April 2-6



Children will be out more during this time. Please use extra caution in residential neighborhoods as well as shopping center parking lots. Watch out for the small pedestrians!

Sully District Police Station
4900 Stonecroft Boulevard
Chantilly, VA 20151

Main Phone 703-814-7000
Fax 703-814-7013

File a Report on Line
www.fairfaxcounty.gov/ps/police/homepage.htm



A Fairfax County,
Va., publication

Virginia Amber Alert
<http://www.vaamberalert.com>

**Aggressive Driving—
Report Online at**
https://www.fairfaxcounty.gov/ps/police/traf_sfty_report.htm



PHONE NUMBERS

**Fairfax County Crime
Solvers :**
1-866-411-TIPS

**Fairfax County Police
Non-Emergency:**
703-691-2131

**Sully District Crime
Prevention Office:**
703-814-7018

**Child Car Seat
Installation:**
Sully District Station
703-814-7000 x 5140

SAFE (Self Defense Class)
703-246-7806

**Citizen Reporting System
(to file reports only)**
703-464-4756

April 22-28 is National Tire Safety Week

Underinflated Tires Can Lead to Disaster



Avoiding This Is Quick And Easy



FIND YOUR PSI.

Your PSI is the **pounds per square inch** of air pressure that's right for your tires. The correct PSI for your tires is located on your **vehicle's** tire information label – not on the sidewall of your tire.

CHECK IT MONTHLY.

At least once a month, check your vehicle's tire pressure using an accurate pressure gauge.

Bottom line: you cannot tell if your tires are underinflated just by looking.



U.S. Department of Transportation
National Highway Traffic Safety
Administration

PSI?
www.safercar.gov